



# ACTIVE OLDER ADULTS

## Calendar of Events

### YADKIN FAMILY YMCA

Wednesday, Jan 29	12:00pm	BINGO
Tuesday, Feb 4	12:00pm	Souper Bowl
Thursday, February 6	12:00pm	Novant Health Talk: What Do My Numbers Mean?
Wednesday, February 26	12:00pm	BINGO
Tuesday, March 18	12:00pm	St. Patty's PotLuck
Wednesday, March 26	12:00pm	BINGO
April 1, 8, 15, 22	12:00pm	Novant Health Series: You Go Girl!
Tuesday, April 8	2:00pm	Estate Planning
Friday, April 18	12:00pm	Community Service Cards For Assisted Living
Wednesday, April 30	12:00pm	BINGO
Tuesday, May 6	12:00pm	Cinco De Mayo Potluck
Thursday, May 15	12:00pm	Social Hour
Wednesday, May 28	12:00pm	BINGO
Thursday, June 19	12:00pm	Summer Potluck
Wednesday, June 25	12:00pm	BINGO
Tuesday, July 1	12:00pm	Independence Celebration
Wednesday, July 30	12:00pm	BINGO
Wednesday, July 30	12:00pm	Novant Health Talk: Fall Prevention
Thursday, August 14	12:00pm	Ice Cream Social
Wednesday, August 27	12:00pm	BINGO
Thursday, September 11	12:00pm	Social Hour
Friday, September 19	11:30am	End of Summer Cookout
Wednesday, September 24	12:00pm	BINGO
Thursday, October 16	12:00pm	Bake Off
Wednesday, October 29	12:00pm	BINGO
Friday, November 7	12:00pm	Novant Health Talk: Attitude Of Gratitude
Wednesday, November 19	12:00pm	BINGO
Friday, December 12	11:30am	Christmas Potluck

**SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!**  
Questions? Please contact Ciera King at [c.kingymcanwnc.org](mailto:c.kingymcanwnc.org)